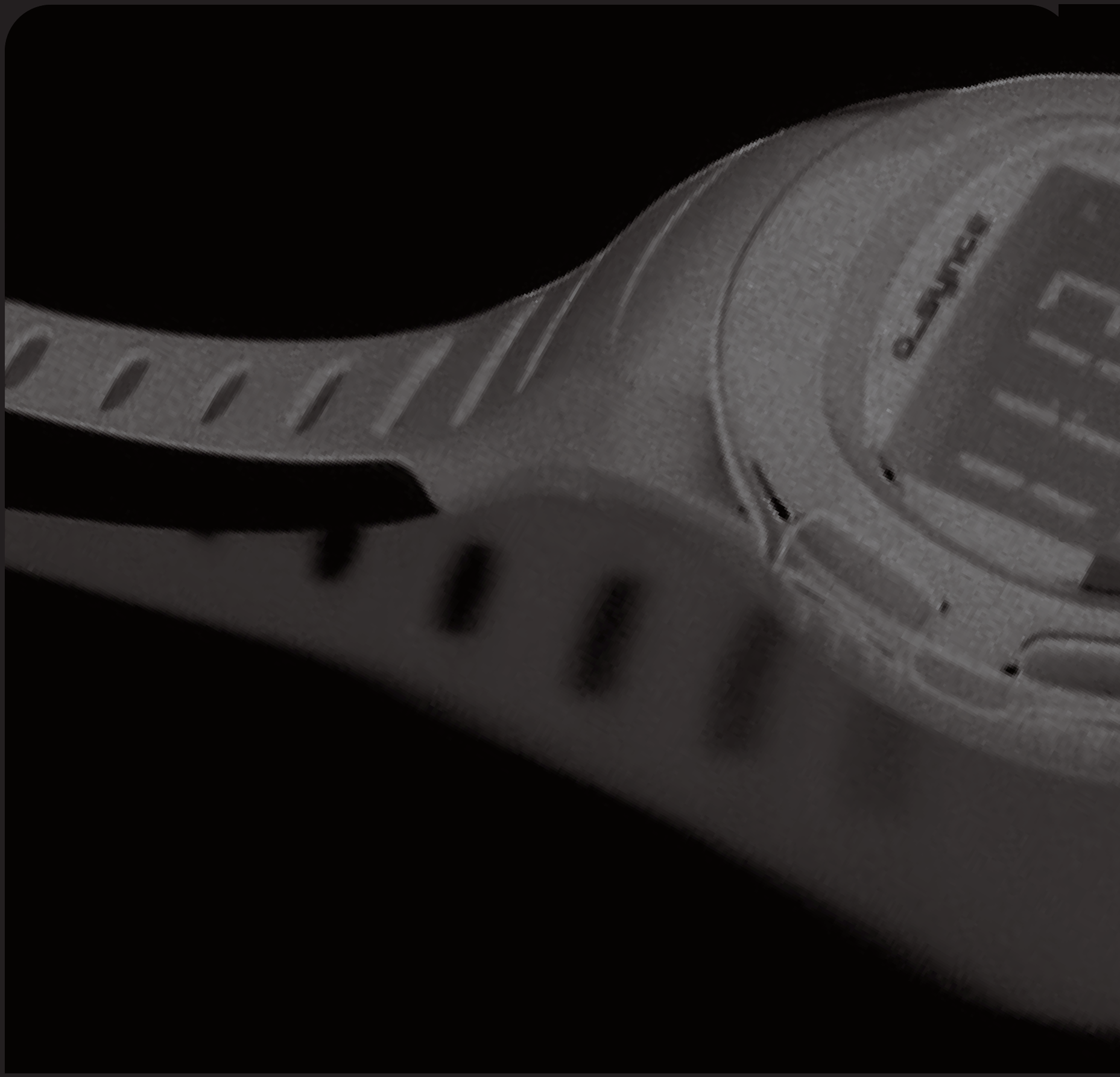

o_synce

MIXpro

QUICK START GUIDE
ACCESSORIES

GENERAL

Congratulations for buying this advanced multifunctional outdoorwatch. Take a moment to read this guide carefully.
These resources provide important setup information and are designed to help you get the most from your device.
If you regularly carry out a sporting activity or wish to step up your training, the MIXpro heart rate monitor is the perfect choice for you. An option would be to use several accessories like the MAXrun, an accelerometer sensor that will be attached under your shoe layers, or the MACRO X bike sensors that can be mounted on the fork or frame of any bike.
These products optimize your physiological performance in terms of data for speed and distance travelled when running or cycling.
The design and comfort of these product have also been specifically developed to suit all body types and for easy use during your sport.
This is a quick start guide which can help you to use your MIXpro watch basic functions. For the latest product information and more details of the optional accessories and the free SAS sport analyse system, visit the o-synce Web site at www.o-synce.com

CAUTION! Always consult your physician before beginning or modifying any exercise program. If you have a pacemaker or other implanted electronic devices, consult your physician before using a heart rate monitor.

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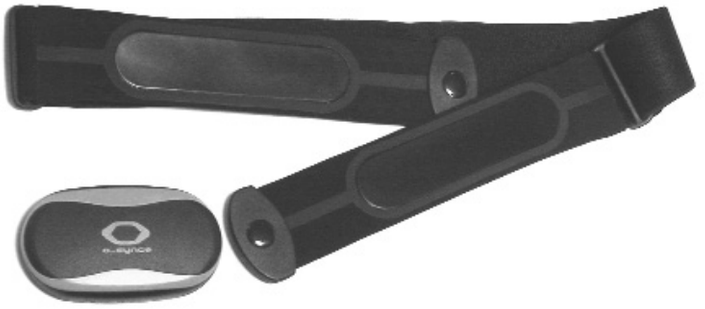
1 IN THE BOX

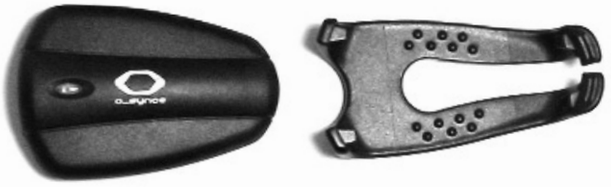
1x **MIXpro** Multi watch

1x **HEART2feel X** Heart rate monitor belt



For more information about Optional Compatible Accessories go to www.o-synce.com

MAXrun Foot pod sensor for running and walking



MACRO2SXspe Speed sensor for biking

MACRO2SXcad Cadence sensor for biking

MAXpc USB transceiver for PC-Download of the training data (store & analyse with SAS)

Strong electromagnetic fields and some 2.4 GHz wireless sensors can interfere with your heart rate monitor and other accesories. Sources of interference may include very high voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points. After you moveaway from the source of interference, your heart rate data should return to normal.

2 GETTING STARTED

BUTTONS (meaning is written on the backplate of the watch)

Button A (right): START/STOP/+

Stop watch > Start and Stopp	press
to increase value for settings	press
to customize settings	press & hold

Button B (front): VIEW/LIGHT

to scroll through data pages in Sport or History mode	press
to advance to the next setting	press
for switching on the backlight	press & hold

Button C (left down): MODE

To change modes	press
To exit a menu or page	press
To jump back to the time mode	press & hold

Button D (left up): LAP/MEM/-

To create a new lap	press
to decrease value for settings	press
to save workouts & reset the timer	press & hold

ICONS

- Above high zone setting
- Below low zone setting
- Bike sensor active
- Foot pod sensor active
- Heart rate sensor active
- Data uploading
- Timer mode
- Alarm on
- Chime on
- T2 Second time zone

TURN ON YOUR MIXpro

Press and hold C to turn on your MIXpro because the watch from factory is on stand by mode to conserve the battery. For more information see **BATTERY**.

BACKLIGHT

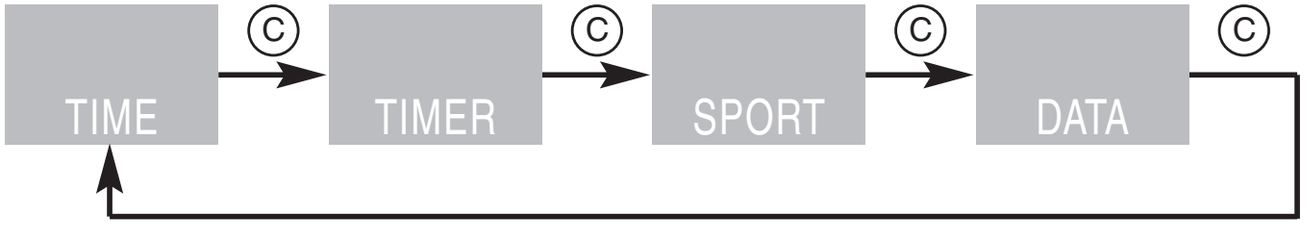
Press and hold B to turn on the backlight for 5 seconds. Extend the backlight for 5 more seconds by pressing any button.

NAVIGATION

The MIXpro watch includes four modes:

TIME **SPORT**
INTERVAL TIMERTRAIN **HISTORY**

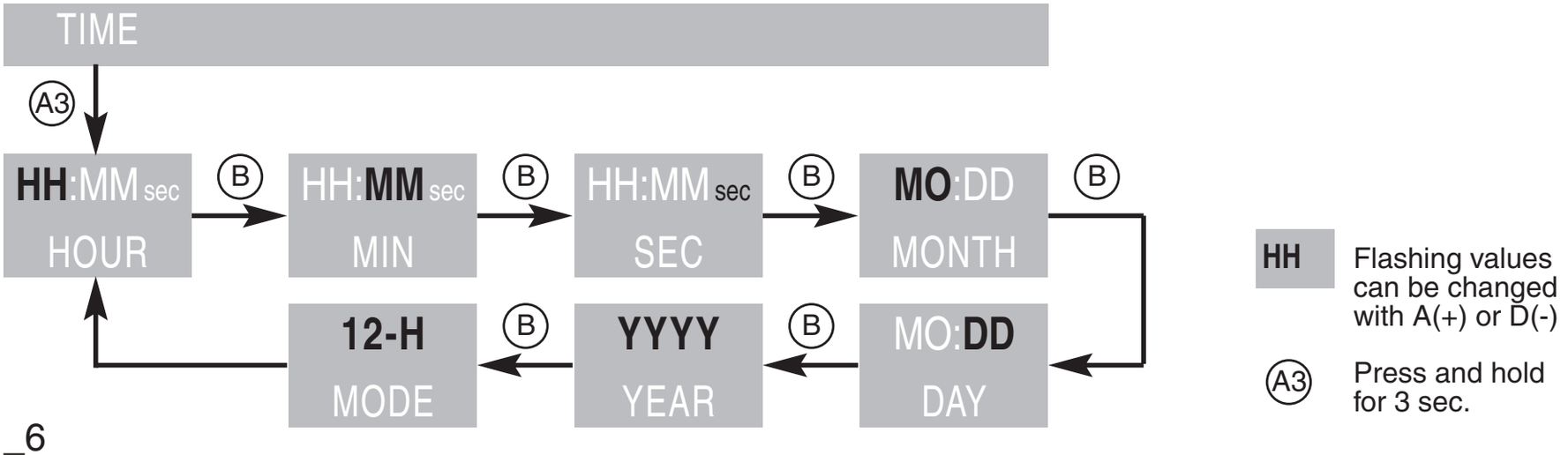
With the key C you can switch from one mode to the next.



SET THE TIME AND DATE

On the Time page, press and hold **A** until the hour setting blinks. Use **A -** and/or **C +** to adjust the hour.

TIP: Press and hold + or - to scroll quickly through the hours, minutes, and other Time mode settings. Continue this process to set seconds, month, day, year, and 12/24 hour mode. Press **C** any time to resume to the Time mode.

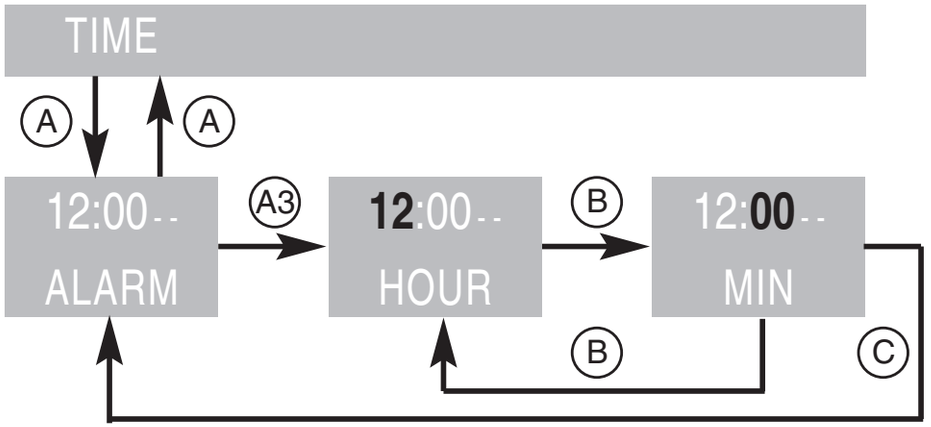


BEEPER

The key tone /beeper will be active then the beep icon is shown in the TIME mode. To activate the beeper you have to hold **B** for 5 seconds. The icon will be shown on the screen!

ALARM

The alarm icon will be shown on the Time mode, press **A** or **D** to switch the alarm on or off. Press **C** to go back to the alarm mode.



12 Flashing values can be changed with A(+) or D(-)

A3 Press and hold for 3 sec.

SETTING THE 2ND TIME ZONE

The T2 offset enable a second time zone. To change the current time to T2 press & hold D for 5 sec in the TIME mode. When the T2 icon is shown in the right upper corner of the display – the second time can be set in the same way like the TIME setting.

3 SETTING AND PAIRING OF ACCESSORIES (OPTIONAL)

WHAT IS PAIRING?

Pairing is the connecting of sensors, like your heart rate monitor with the MIXpro. After you pair the first time, your MIXpro automatically recognizes the paired sensor each time it is activated. This process occurs automatically when you turn on the SPORT mode and only takes a few seconds when the sensors are activated and begin functioning correctly. Once paired, your MIXpro only receives data from your sensor, and you can go close to other sensors without interference.

TO PAIR SENSORS WITH THE WATCH:

Move away (10 m) from other sensors while the MIXpro is trying to pair with your sensor for the first time. Bring your sensor within range (3 m) of the MIXpro. Press C until the SPORT mode appears. Follow the instruction in the basic setting to '**PAIR**' the sensors.

SWITCH ON THE SENSORS

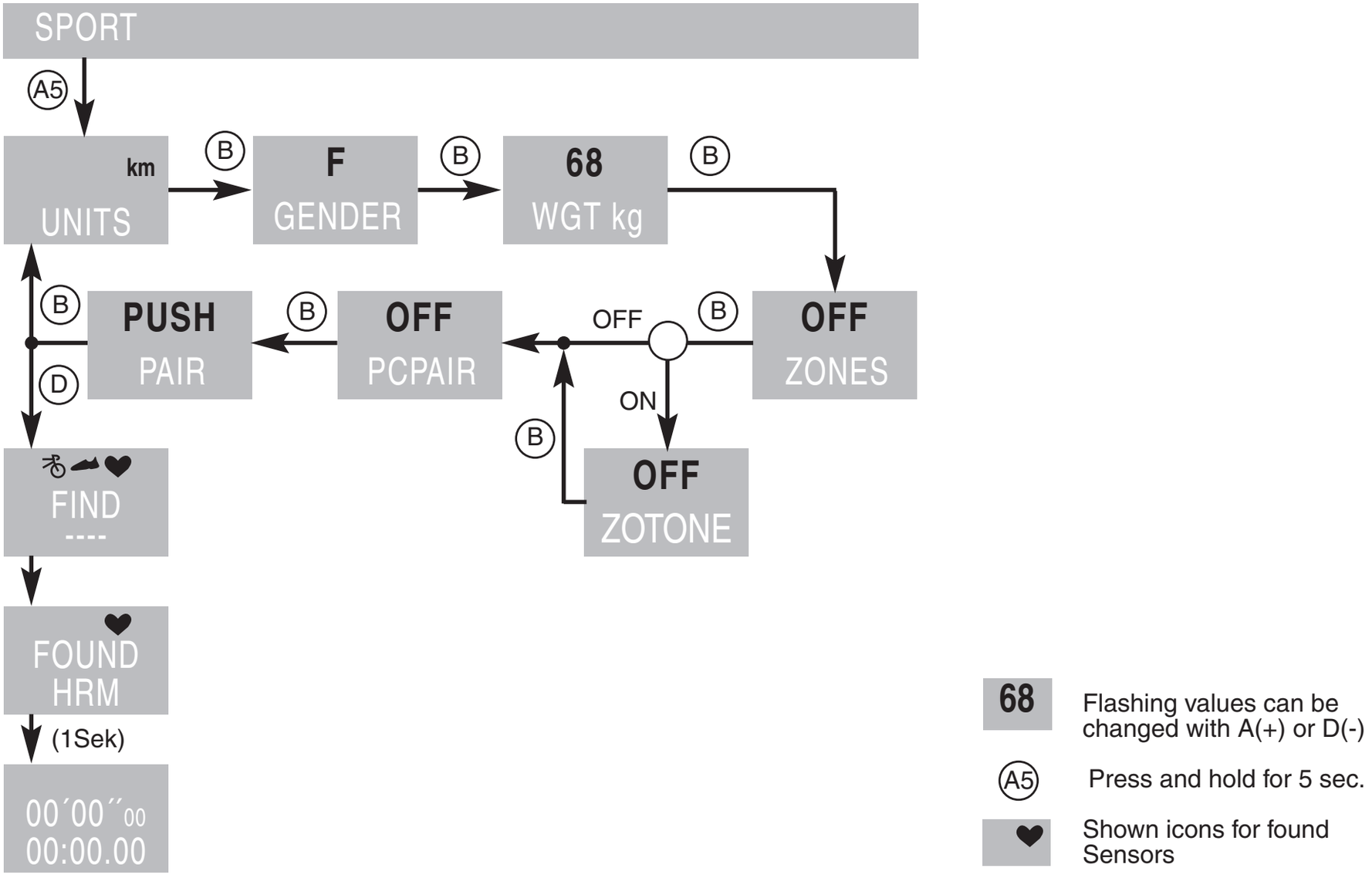
After 30 minutes of inactivity the sensors are on standby and ready to send data. As soon as you install the sensors and start moving, the sensors send data to the watch (after pairing!). If you use the MACROX sensor on the bike, turn the wheel and crankset where the magnet is mounted.

UNITS, TRAINING PARAMETER, SENSORS PAIRING

Will be set in the SPORT-Mode (see diagram).

NOTE: You can't get in the setting mode while using the stop watch and before the last training is saved or reset to –zero- first!

BASIC SETTING (see following diagram)



Setting mode: Press and hold A for 5 seconds.
> UNITS: KM blinks. Press A or D to switch to Miles (MI). press B to confirm.
> GENDER: F blinks. Press A or D to switch to Male. press B to confirm.
> WGT KG (Weight): **68** blinks. Press A (+) or D (-) to change the value. press B to confirm.
> ZONES (Training zones): **OFF** blinks. Press A or D to switch it ON, if you want to use the Training zones. press B to confirm
If Training Zone ON:
ZOTONE (beeper): **OFF** blinks. Press A or D to switch it ON, if you want the warning signal. press B to confirm
> PC PAIR: OFF blinks. Press **A** or **D** for ON, to activate the PC connection. If you want to use the SAS analyse software with the MAXpc USB-Stick. Press **B** to confirm.
> PAIR (Sensor-pairing): **PUSH** blinks. Press **A** or **D** to activate the search for the (switched on) sensor. While the MIXpro scans for new sensors, the sensor icons blink. The icons are solid on the display when paired.The watch will exit automatically to the Stop watch mode when all active sensors have been found.

The Heart rate belt is already paired. Press **C** until the Train page appears. The heart rate icon appears on the screen when the sensor is paired.

SET UPSENSORS (OPTIONAL)

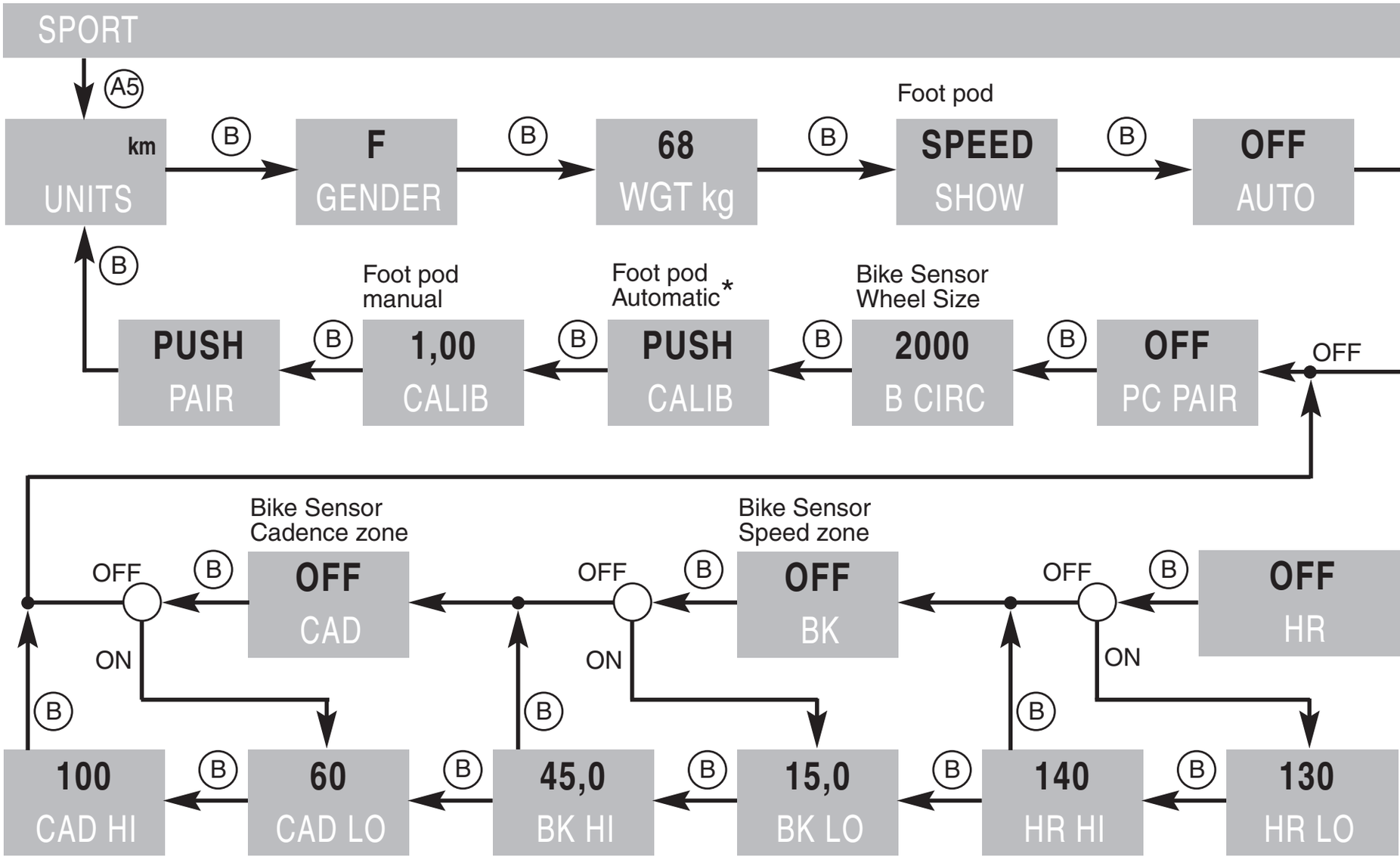
IMPORTANT: If you purchas an accessory you have to pair all sensors together again together!
_ Please make sure that all to be paired sensors are switched on and in range (3 m).

PARAMETER
After the pairing the sensors of your choice you have to re-do the setting mode again.

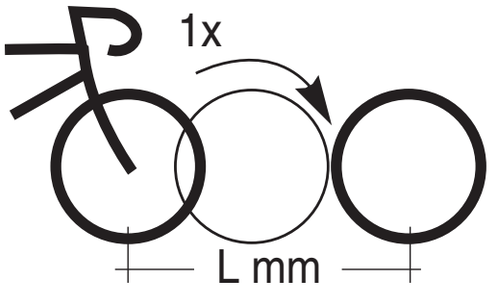
SETTING MODE: Press & Hold **A** for 5 seconds.
And now you can change and set the values like shown in the diagram
Confirm with **B** or exit anytime by pressing **C**.

ROLLING CIRCUMFERENCE
The wheel circumference can be done by rolling the wheel once or if you take the values shown in the ERTRO-chart named with **L** below:

Weelsize	L (mm)
47-305 16x1.75x2	1272
32-630 27x1 1/4	2199
47-406 20x1.75x2	1590
28-630 27x1 1/4 Fifty	2174
37-540 24x1 3/8 A	1948
40-622 28x1.5	2224
47-507 24x1.75x2	1907
47-622 28x1.75	2268
23-571 26x1	1973
40-635 28x1 1/2	2265
40-559 26x1.5	2026
37-622 28x1 3/8x1 5/8	2205
44-559 26x1.6	2051
18-622 700x18C	2102
47-559 26x1.75x2	2070
20-622 700x20C	2114
50-559 2-6x1.9	2089
23-622 700x23C	2133
54-559 26x2.00	2114
25-622 700x25C	2146
57-559 26x2.125	2133
28-622 700x28C	2149
37-590 26x1 3/8	2105
32-622 700x32C	2174
37-584 26x1 3/8x1 1/2	2086
37-622 700x35C	2205
20-571 26x3/4	1954
40-622 700x40C	2224

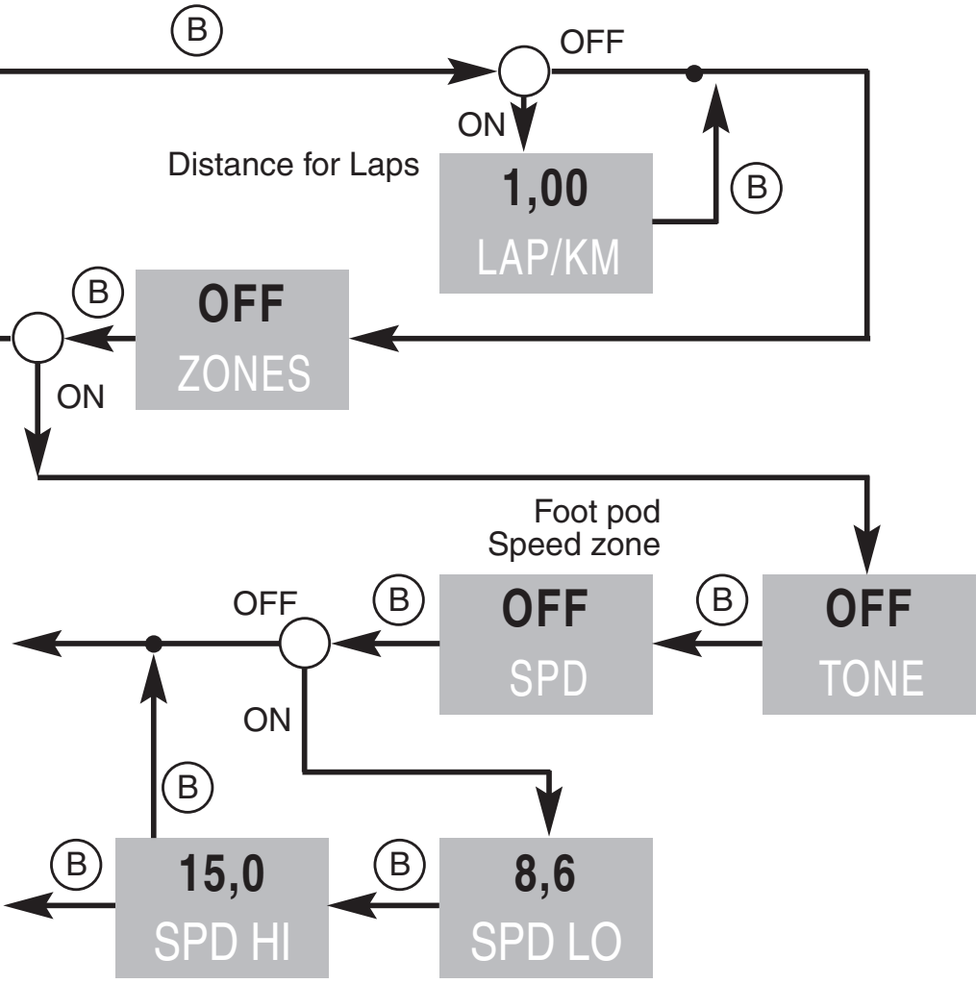


Please have a look on the diagram to see the setting

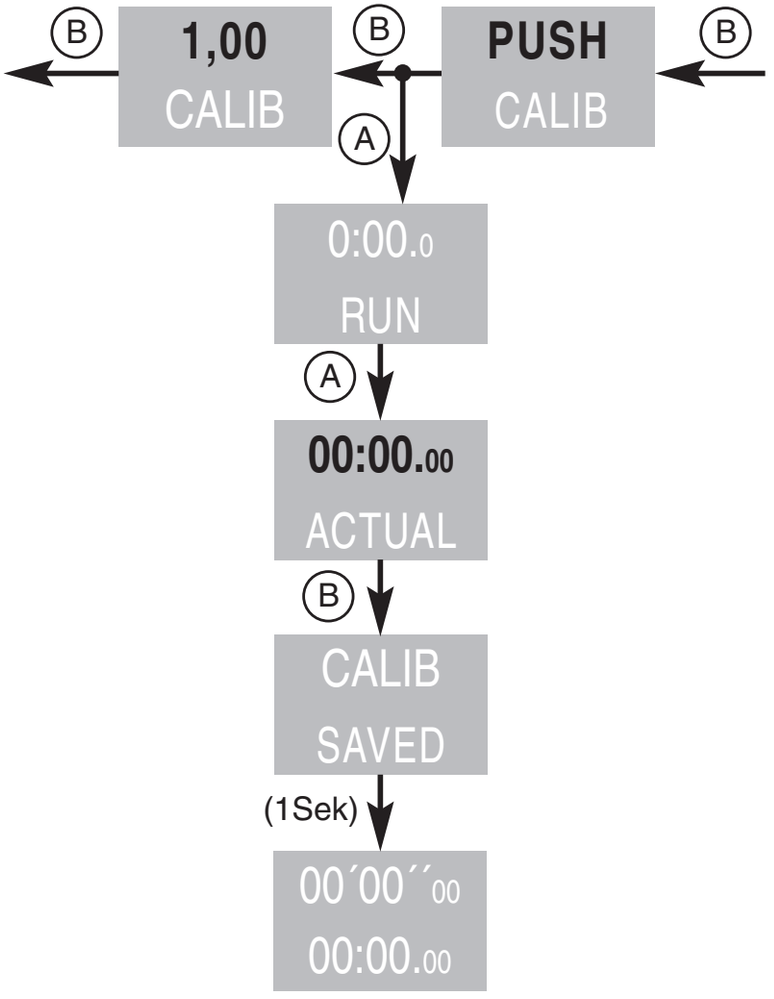


F Flashing values can be changed with A(+) or D(-)

A5 Press and hold for 5 sec.



*Automatic



CALIBRATE THE FOOT POD SENSOR

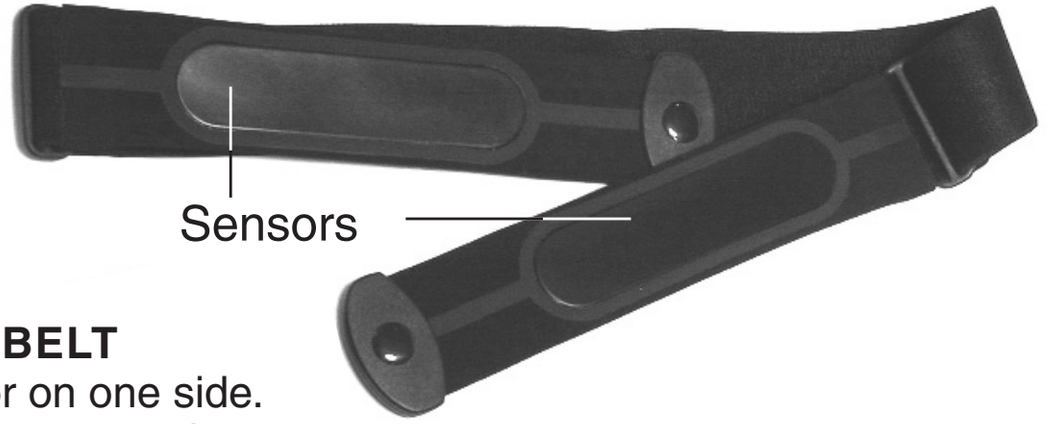
You can calibrate the foot pod sensor (MAXrun) by running a precise distance of minimum 400 meter.

4 USING ACCESSORIES

HEART2feelX SOFT BELT

The chest strap must be positioned around your chest. when correctly placed, it sends heart rate information to the watch located on your wrist. The watch then displays the heart rate and provides other extra information (target zone, intensity of exercises) to manage and optimize your fitness and training. The soft belt will be connected with two clips at the sensor case. The rubber areas have to be placed on the skin (see photo below)

Sensor



Sensors

USING THE HEART2feel X SOFT BELT

1 Connect the soft belt with the sensor on one side.
Push one bottom of the heart rate sensor on the strap.
2 Wet both sensors on the back (rubber area) of the heart rate monitor to create a strong connection between your chest and the transmitter.
(for extremely dry skin use some special gel)
3 Wrap the strap around your chest and attach it to the other side of the heart rate monitor.
NOTE: The o-synce logo should be right-side up.
4 Bring the MIXpro within range (3 m) of the heart ratemonitor.
5 Press **C** to access SPORT mode. The heart rate icon appears on the SPORT page.
6 Press **B** to advance to the **HEART** data page.
7 If or heart rate data does not appear or if you have erratic heart rate data, you may have to tighten the strap on your chest or warm up for 5–10 minutes. If the problem persists, you may have to pair the sensors

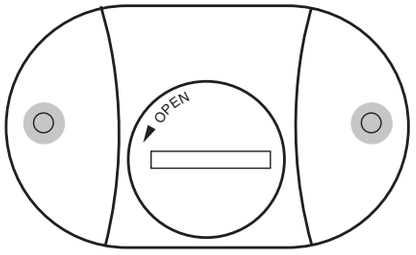
Reapply moisture to the sensors. Use water, saliva, or electrode gel. Clean the sensors. Dirt and sweat residue on the sensor can interfere with heart rate signals.
Synthetic fabrics that rub or flap against the heart rate monitor can create static electricity that interferes with heart rate signals.

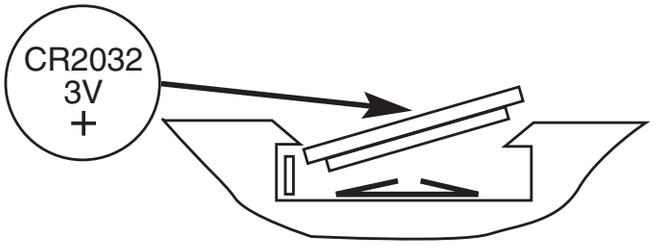
NOTE: In cold conditions, wear appropriate clothing to keep the heart rate monitor near your body temperature. Accuracy may be degraded by poor sensor contact, electrical inter-

ference and receiver distance from transmitter. Strong electromagnetic fields and some 2.4 GHz wireless sensors can interfere with your heart rate monitor. Sources of interference may include very high voltage power lines, electric motors, microwave ovens, 2.4 GHz cordless phones, and wireless LAN access points. After you move away from the source of interference, your heart rate data should return to normal.

NOTE:
Stay 10 m away from other ANT sensors while pairing. Bring the MIXpro within range (3 m) of the heart rate
monitor while pairing. If the problem persists, replace the battery.

TO REPLACE THE BATTERY:
1 Locate the circular battery cover on the back of the sensor.
2 Use a coin to twist the cover counter-clockwise until it is loose enough to remove.
3 Remove the cover and replace the battery with the positive side facing up.
NOTE: Be careful not to damage or lose the o-ring gasket on the cover.
4 Use a coin to twist the coverback into place.





MAXRUN FOOT POD SENSOR (OPTIONAL)
The MIXpro is ready to use with the MAXrun foot pod sensor for running and walking.The **MACRO 2SX spe** for speed on the bike and **MACRO 2SX cad** for cadence. For more information about optional accessories, go to www.o-synce.com. You can also contact your o-synce dealer to purchase accessories.

SWITCHING OFF THE SENSORS
After 30 minutes of inactivity, all sensors are automatically powers off to conserve the battery.

5 SPORT-MODE

The SPORT-Mode offers several options:

_ Stop watch with 99 laps
_ Speed, distance and cadence for biking or running
_ Heart frequency
_ Personal settings
_ Data recording
_ Recording max. 7 hours

If you don’t use any sensor, only the stop watch is working. Any sensor which is paired will be shown permanently as symbol on the display.

USE OF THE STOP WATCH WITHOUT ANY SENSOR

START	press **A** - START will be shown
LAP TIME	press **D** during the recording
STOP	press **A** - STOP will be shown
ERASE THE RECORDING	press & hold **D** for 3 Secunds - SAVE will be shown (lower area), YES blinks up. Press **A** or **D** to switch to NO. Press **B** to confirm
SAVE THE RECORDING	press & hold **D** for 3 Secunds - SAVE will be shown (lower area), YES blinks up. Press **B** to confirm

USE OF THE STOP WATCH WITH SENSORS

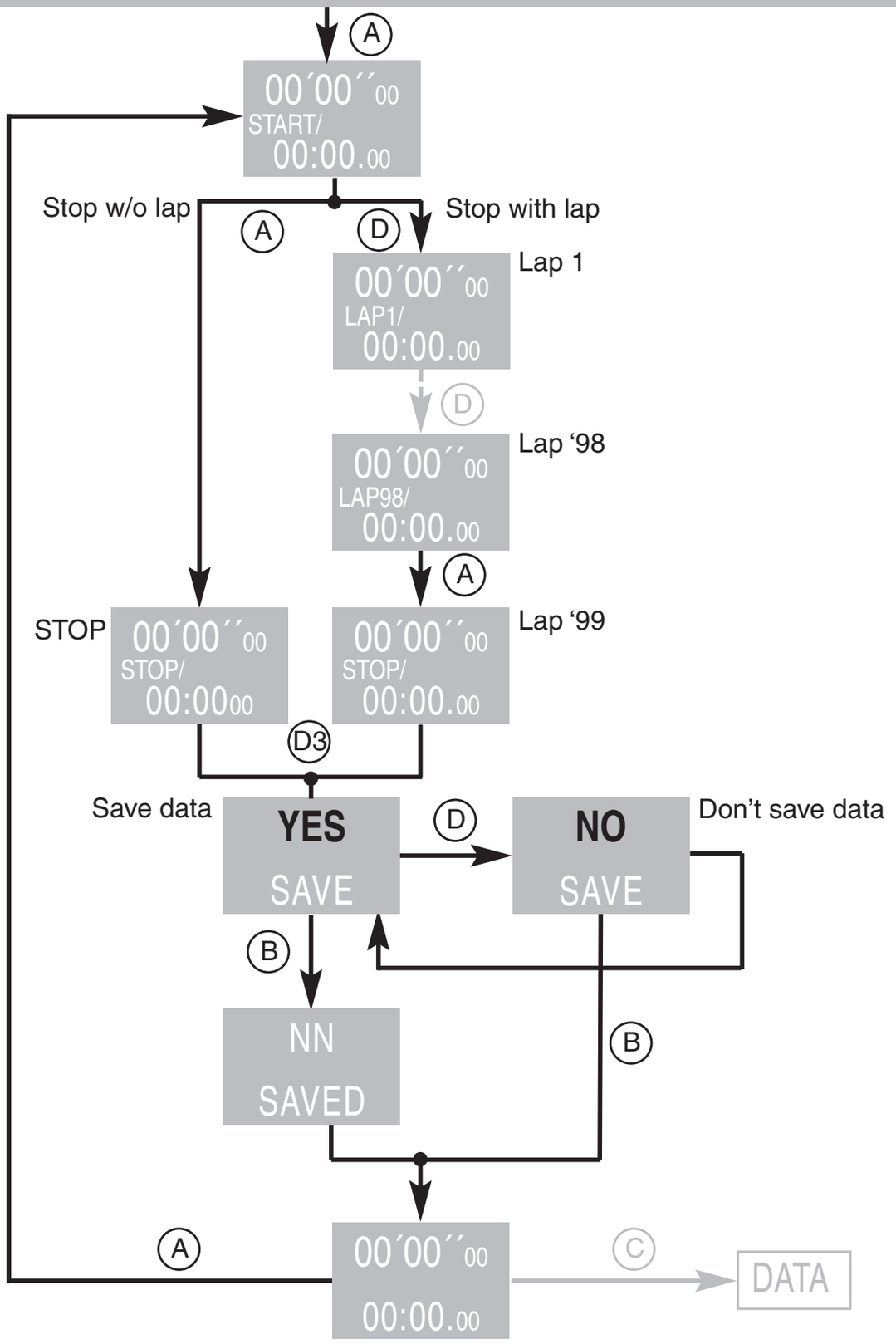
The following sensors can be used:

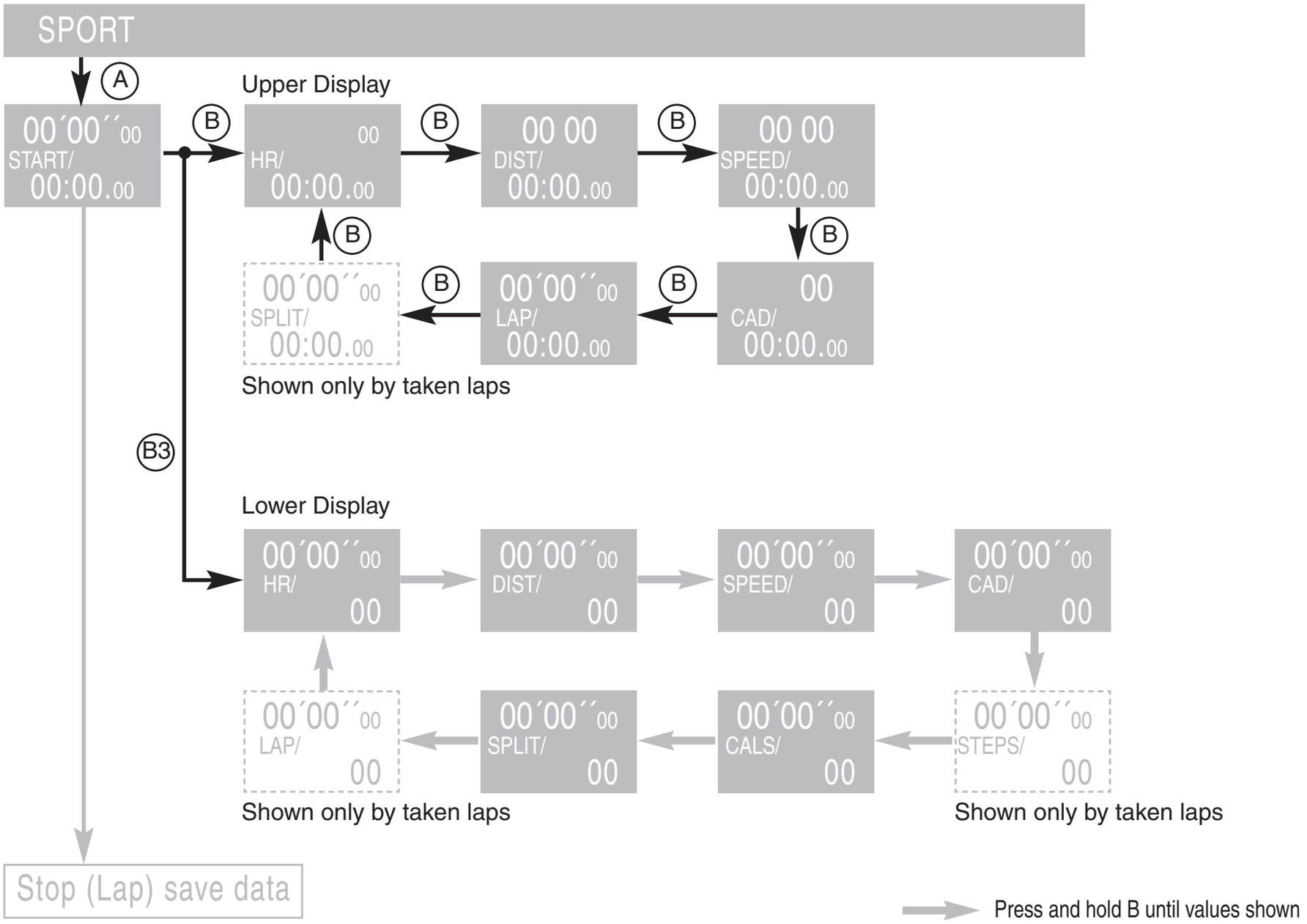
_ HEART2feel
_ MAXrun (optional)
_ MACROX 2Sspe (optional)
_ MACROX 2Scad (optional)

NOTE: You can’t use the foot pod together with the bike speed sensor (MACROX 2Sspe)
For the use of the ‚stop watch with sensors‘ have a closer look at the diagram below.

After the start of the stop watch you can change the shown data in the **upper display** by pressing **B** once. Heart frequency (HR) <**B**> Distance (DIST) <**B**> SPEED <**B**> CAD <**B**>LAP <**B**> Stop watch (SPLIT)
If you press & hold **B** the data in the **lower display** will be changed:
Heart frequence (HR) > Distance (DIST) > SPEED >CAD > STEPS, not by using the bike sensors > calories (CALS) > Stop watch (SPLIT) > LAP

SPORT


A
00´00´´00
START/
00:00.00
Stop w/o lap
A
D
Stop with lap
00´00´´00
LAP1/
00:00.00
Lap 1
D
00´00´´00
LAP98/
00:00.00
Lap ‘98
A
STOP
00´00´´00
STOP/
00:00 00
00´00´´00
STOP/
00:00.00
Lap ‘99
D3
Save data
YES
SAVE
D
NO
SAVE
Don’t save data
B
NN
SAVED
B
A
00´00´´00
00:00.00
C
DATA



All stored data can be seen in the DATA mode.

6 TIME-MODE (COUNTDOWN)

You can set two timers in Interval Time-Mode. Press **C** until the Timer page appears.

Setting the Timers (similar to setting the time of day)

On the Timer page, press and hold **A** until the hour setting blinks. Use D (+) and A (-) to adjust the hour.

Press **B** to advance to the next setting. Repeat this process for minutes and seconds.

When finished, press **B** to advance to the **REPEAT** setting
Press D (+) and A (-) to turn on or off the repeat function. Press **B** to advance to **TIMER 2** settings.
Press D (+) and A (-) to turn on or off the **TIMER 2** function.
Repeat the steps from TIMER1 to set **TIMER 2**. When finished, press **mode** to resume Timer mode.

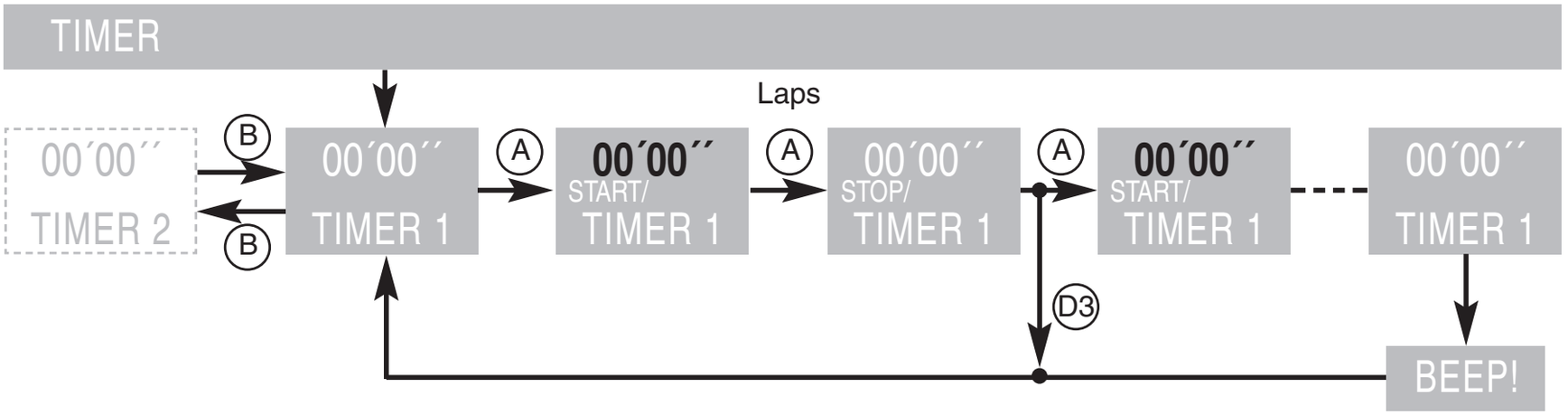
USE OF THE COUNTDOWN

TIMER 1 START press A
TIMER 1 STOP press A
TIMER 1 RESET press & hold D

USING TIMER REPEAT

Set the timer to **REPEAT** to automatically restart the timer after it beeps.
If both **TIMER 1** and **TIMER 2** are active, the repeat function runs **TIMER 1 > TIMER2 > TIMER 1 > TIMER 2**, and so forth until you press **A**.

TIMER 2 starting values (if active): press B

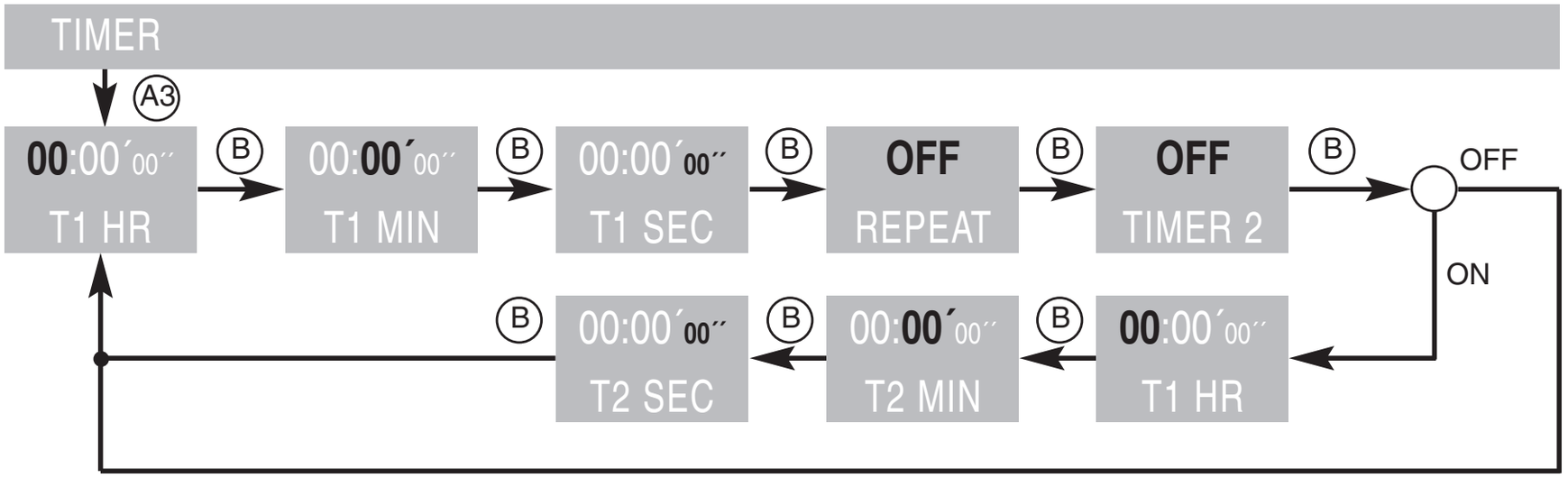


SETTING OF THE COUNTDOWN

NOTE: You can't get in this mode if the TIMER 1 is not on the starting value (still running or stopped!)
Change the TIMER-setting mode: press & hold **A** for 3 secunds
The starting value of the TIMER 1 will be shown.
When the **hours** blinks. Press **A** (+) or **D** (-) to change the values. Press **B** to confirm.

Then do **minuts** and **seconds** in the same way. See the diagram below.

Switch on the repeat countdowns of one or both TIMERS – infinite loop
REPEAT: OFF (blinks): Press **D**, to switch **ON**. Confirm with **B**
Activate Countdown TIMER 2: OFF (blinks): Press **D**, to switch **ON**. Confirm with **B**
Set the starting values of TIMER 2 (only if TIMER 2: ON):
Hours, minuts, seconds: analog like TIMER 1, see the diagram below:

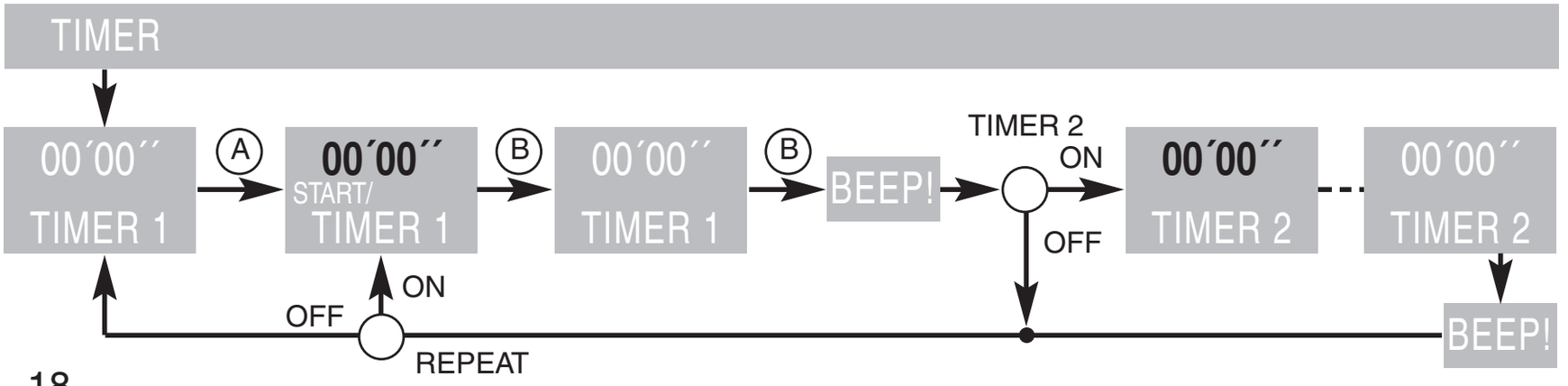


00 Flashing values can be changed with A(+) or D(-)

Press **C** to exit the setting at any time.

USE OF THE COUNTDOWNS 1 AND 2 AND THE REPEAT

You have to start both Countdowns with repeat **like** the Countdown TIMER 1 with **A**, shown on the diagram below:



7 HISTORY MODE

The MIXpro holds up to 100 laps and up to seven hours of exercise files and stores workout data based on the type of workout, the accessories used, and your training settings.
Press **C** until the DATA mode appears.

VIEWING WORKOUT HISTORY

On the DATA mode, press **D** (**+**) and **A** (**-**) to scroll through your saved runs and workout data.
Press **B** to display the start time for that run.
Press **D** (**+**) and **A** (**-**) to view the rest of the run data depending on which accessories, settings and training zones were used: Total run time, Total distance, Total steps, Total calories and Time in each zone (**ZONES** must be set to **ON**).
Press **B** from any of these pages to view the next level of history data. Press **D** (**+**) and **A** (**-**) to view the available data pages: Average lap time - Average lap speed - Average heart rate.
Press **B** from any of these pages to view the next level of history data and details for each lap in your workout. Press **D** (+) or **A** (-) to view the available data pages.

DELETING WORKOUT HISTORY

On the DATA mode, press **D** (+) or **A** (-) to scroll through your saved runs to the run you want to delete. Press and hold **D** to delete a single run. Continue to hold **D** to delete all runs. No DATA appears.

MANAGING MEMORY

The MIXpro holds up to 100 laps and up to seven hours of exercise files. Periodically upload data to your computer using the MAXpc and the SAS sw. When there is approximately one hour of memory remaining, the **Lo MEM** warning appears on the MIXpro screen in Train mode.When the memory is full, the **Full MEM** warning appears, and the MIXpro stops recording data.

8 PC SAS SOFTWARE

With the optional MAXpc stick you can use the free SAS Software to store and analyze your workout data. Go to to download area on **www.o-synce.com** – support – downloads – SAS. Follow the instructions and install the soft ware and the needed driver for the MAXpc stick. Connect the MAXpc stick to an available USB port on your computer. Bring the MIXpro within range (3 m) of your computer. Verify there are no timers running or active training sessions.

Open the SAS sw on your computer and press the button for ‘connection to the device’. If you are using the watch the first time you have to confirm the connection by pressing **B** on the watch. After the connection, the recorded data will be automatically transmitted.
NOTE: If you are having problems uploading data, you may need to enable computer pairing.

9 APPENDIX

Technical features

MIXpro
Watch size: 58 mm × 42 mm × 20 mm
Wrist band size: 204 mm × 28 mm × 3 mm
Weight: 44 g
LCD-Display: 23,75 mm × 18,25 mm, with backlight
Water resistance: to 30 m **NOTE: don’t press any button under water!**
Computer interface: Wireless, automatic ANT+Sport receiver
Battery type: User-replaceable CR2032 (3 volts)
Battery life: 12 months, depending on usage
Operating temperature range: 5° F to 158° F (-15° C to 70° C)
Radio frequency/protocol: 2.4GHz/Dynastream ANT+Sport wireless communications protocol

Heart2feel (heart rate sensor and belt)
Physical size: 65 x 38 x 11 mm
Weight: 25 g
Water Resistance: 10 m
Transmission range: approximately 3 m (9.8 ft)
Battery: User-replaceable CR2032 (3 volts)
Battery Life: approximately 3 years (1 hour per day)

BATTERY

All products (also the accessories) contain a user replaceable CR2032 battery. The battery will last approximately 12 months for the watch, 200 hours for the MAXrun, 18 months for the heart2feel belt and the MACRO 2S sensors (typical use).
When the battery is low, the **LoBATT** warning blinks on the MIXpro screen in Time mode.
CAUTION: Replacing the battery resets the MIXpro software and restores the factory

settings. Workout data is deleted. You must reset the time and custom settings.
NOTE: o-synce recommends that you take the MIXpro to a professional watch repair person to have the battery replaced.

MAINTENANCE AND CARE

Clean the MIXpro and accessories using a cloth dampened with a mild detergent solution, and then wipe dry. Avoid chemical cleaners and solvents that may damage plastic components. Do not store the MIXpro and accessories where prolonged exposure to temperature extremes may occur (such as in the trunk of a car), as permanent damage may result.

WATER RESISTANCE

The MIXpro is water resistance to 30 meter (3ATM). The heart2feel belt is water resistance to 10 meter (1ATM) – don't use it for swimming.
NOTE: To maintain the water resistance, do not operate the MIXpro buttons under water.

LIMITED WARRANTY

This o-synce product is guaranteed to be free from defects in materials or workmanship for one year in the Countries of America and Asia and two years in the European Countries and Switzerland from the date of purchase. Within this period, o-synce will, at its sole discretion, repair or replace any components that fail in normal use.
Such repairs or replacement will be made at no charge to the customer for parts or labor, provided that the customer is responsible for any transportation cost.
This warranty does not cover failures due to abuse, misuse, accident, or unauthorized alteration or repairs nor does it include batteries.

To obtain warranty service, contact your local o-synce authorized dealer or call o-synce Product Support in Germany for shipping instructions and an RMA tracking number. Securely pack the unit and a copy of the original sales receipt, which is required as the proof of purchase for warranty repairs. Write the tracking number clearly on the outside of the package. Send the unit, freight charges prepaid, to any o-synce warranty service station.
Online Auction Purchases: Products sold through online auctions are not eligible for rebates or other special offers from o-synce. Online auction confirmations are not accepted for warranty verification. To obtain warranty service, an original or copy of the sales receipt from the original retailer is required. O-synce will not replace missing components from any package purchased through an online auction.
International Purchases: A separate warranty is provided by international distributors for

units purchased outside Germany. This warranty is provided by the local in-country distributor and this distributor provides local service for your unit. Distributor warranties are only valid in the area of intended distribution.

RECYCLING

The symbol means that you are not allowed to waste the batteries in your normal waste. PLease contact your local waste department to properly dispose of the units and batteries. Do not incinerate. Keep used batteries away from children.
Do not disassemble, puncture, or damage the battery.

CONTACT

Help us better support you by sending us your comments or questions by using our email contact on our web site **www.o-synce.com**
Keep the original sales receipt, or a photocopy, in a safe place.

FCC COMPLIANCE

This product has been tested and found to comply with Part 15 of the FCC interference limits for Class B digital devices FOR HOME OR OFFICE USE.
These limits are designed to provide more reasonable protection against harmful interference in a residential installation, and are more stringent than “outdoor” requirements.

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MIX-PRO